## **Aquatics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	12:00-1:45pm <b>Adult Lap</b> Ages 18+	10:00-11:45am <b>Adult Lap</b> Ages 18+
3:00-4:45pm Youth Open Ages 8-17	3:00-4:45pm Youth Open Ages 8-17	3:00-4:45pm Youth Open Ages 8-17	3:00-4:45pm Youth Open Ages 8-17	3:00-4:45pm Youth Open Ages 8-17	12:00-1:45pm <b>Youth Open</b> Ages 8-17
5:00-5:45pm Swim Team Conditioning (KIDS ONLY)	5:00-5:45pm <b>Learn to Swim</b> Ages 8-17	5:00-5:45pm Swim Team Conditioning (KIDS ONLY)	5:00-5:45pm <b>Learn to Swim</b> Ages 8-17	5:00-5:45pm Swim Team Conditioning (KIDS ONLY)	3:00-4:15pm <b>Open Swim</b> All Ages
6:00-7:30pm Swim Team Practice (KIDS ONLY)	6:00-6:45pm <b>Aquacise</b> Ages 18+	6:00-7:30pm Swim Team Practice (KIDS ONLY)	6:00-6:45pm <b>Aquacise</b> Ages 18+	6:00-7:30pm Swim Team Practice (KIDS ONLY)	4:30-5:15pm Family Swim All Ages
	7:00-7:30pm Family Swim		7:00-7:30pm <b>Family</b> <b>Swim</b>		

All children 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult.

## **Non-Traditional & Low Organized Activities**

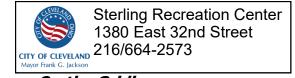
	<u></u>		
<u>Program</u> Open Ping Pong	<u><b>Days</b></u> M/W/F Tues/Thurs Saturdays	<u>Times</u> 12:00pm-3:15pm 12:00pm-5:15pm 11:00am-5:15pm	<b>Ages</b> 8+ 8+ 8+
Adult Ping Pong	M/W/F	3:30pm-7:15pm	18+
Chess	Tues/Thurs	5:30pm-7:00pm	5+
Computer Room	Monday-Friday Monday-Friday Saturdays	12:00pm-2:45pm 3:00pm-7:15pm 10:00am-4:45pm	18+ 5+ 5+
Weight Room	Monday-Friday	12:00pm-7:15pm	18+

Pre-Registration **REQUIRED** for all activities











## On the Gridiron

ProgramsDayTimeAgesCoed Youth Flag FootballTuesday5:15pm - 7:00pm8-12Coed Junior Flag FootballThursday5:15pm - 7:00pm13-15

## Bump, Set & Spike

Programs
Youth Instructional Co-Ed Volleyball
Senior Coed Volleyball
Junior Co-Ed Volleyball
Wednesdays
Tuesday
Tuesday
Thursday
5:00pm - 7:15pm
8-10
5:15pm-7:15pm
14-17
Thursday
5:30pm-7:15pm
11-14

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:45pm Adult Gym Ages 18+	12:00-1:45pm Adult Gym Ages 18+	12:00-1:45pm Adult Gym Ages 18+	12:00-1:45pm Adult Gym Ages 18+	12:00-1:45pm <b>Adult</b> <b>Gym</b> Ages 18+	10:00-11:45am Baseball Conditioning Ages 8+
2:00-2:45pm Gym Maintenance	2:00-2:45pm Gym Maintenance	2:00-2:45pm Gym Maintenance	2:00-2:45pm Gym Maintenance	2:00-2:45pm <b>Gym</b> <b>Maintenance</b>	12:00-1:45pm <b>Youth Gym</b> Ages 8-12
3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	3:00-3:45pm <b>Teenage Gym</b> Ages 13-17	2:00-2:45pm Adult Volleyball Ages 18+
4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	4:00-4:45pm <b>Youth Gym</b> Ages 8-12	3:00-3:45pm <b>Open Gym</b> Ages 8-17
5:00-7:15pm Basketball Skills & Drills Ages 8-17	5:00-6:15 Volleyball Skills & Drills Ages 11-17	5:00-7:15pm Instructional Youth Volleyball Ages 8-10 (Oct.—Dec.)	5:00-6:15 Volleyball Skills & Drills Ages 11-17	6:15-7:30pm <b>30+ Gym</b> Ages 30+	4:00-5:30pm Basketball Skills & Drills Ages 8+
	6:30-7:30pm Baseball Conditioning Ages 8-17	5:00-7:15pm Basketball Skills & Drills Ages 8-17 (Dec)	6:30-7:30pm Baseball Conditioning Ages 8-17		



Fall Grab & Go Meals Monday–Friday 4:00pm-

5-18yrs. | Monday–Fr Saturdays 4:00pm-5:00pm 1:00pm-2:00pm